

DINNERLY



Low-Cal Vegan Greek Salad with 'Feta', White Beans and Croutons



25 minutes



2 Servings

A jumble of tomato, cucumber and vegan feta all come together in this flavour-filled Greek salad. We've thrown in white beans and baked croutons too. They're not exactly traditional, but we love how they turn salad into a belly-filling meal!

WHAT WE SEND

- 400g cannellini beans
- 2g dried oregano
- 2 tomatoes
- 1 Lebanese cucumber
- 2 wholemeal rolls ^{1,6}
- 50g rocket leaves
- 100g vegan Greek-style feta

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs olive oil
- olive oil spray (optional)
- 1 tbs red or white wine vinegar ¹⁷
- 1 tsp dijon mustard ¹⁷

TOOLS

- 2 oven trays
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 525kcal, Fat 32.9g, Carbs 40.4g, Proteins 13.4g



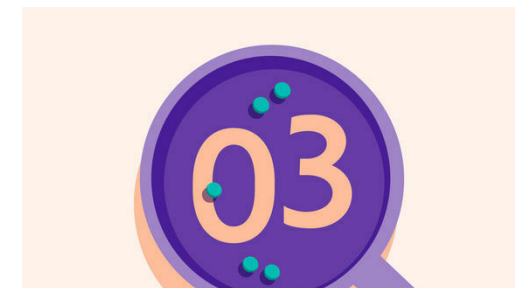
1. Bake cannellini beans

Preheat the oven to 220C. Line 2 oven trays with baking paper. Drain and rinse the **beans**. Combine **1 tsp dried oregano*** and **1 tbs olive oil** in a large bowl. Add the beans, season with **salt and pepper** and toss to coat. Spread the beans over a lined tray and bake on the lower oven shelf for 15 mins or until golden.



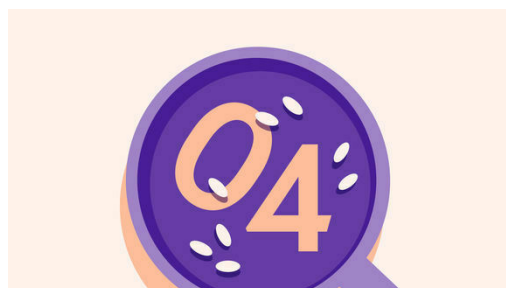
2. Prep ingredients

Meanwhile, cut the **tomatoes** into thick wedges. Quarter the **cucumber** lengthwise, then cut into 2cm chunks. Tear or cut the **bread rolls** into 3cm chunks.



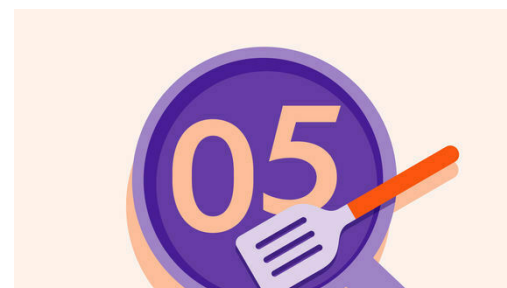
3. Bake croutons

Put the **bread** on the remaining lined tray and spray or brush with **olive oil**. Season with **salt and pepper**. Bake on the upper shelf for 5-6 mins until golden and crisp.



4. Toss salad

Put **1 tbs olive oil**, **1 tbs red wine vinegar** and **1 tsp dijon mustard** in a large bowl. Season with **salt and pepper** and whisk to combine. Add the **beans**, **tomato**, **cucumber** and **rocket** and toss to coat.



5. Serve up

Add the **croutons** to the salad and toss to combine. Taste, then season with **salt and pepper**. Divide the **salad** among bowls and crumble over the **vegan feta**. Enjoy!



6. Make it yours

To add more Greek salad fun, toss in a handful of olives or a sliced red capsicum.